



recipes

By
Worthington

OUR COVER

The mouth-watering simulated Fried Chicken pieces on our cover have been gently deep fried in 100 percent pure golden corn oil, slightly seasoned with mild herbs, and are almost ready to melt in your mouth.

Hello —

“Recipes By Worthington” is the newest edition of taste treats from the Jan Worth Test Kitchen. We considered using a more descriptive title but, frankly, we just couldn’t include all of the good things in one title.

This booklet is a collection featuring many of our most popular recipes. Each has been carefully tested in our kitchen—we hope many will be favorites in your kitchen soon. Many are real time savers as well as money savers.

We have prepared this booklet with *you* in mind and we hope you find it a real asset in your kitchen.

Sincerely,

JAN WORTH

Worthington Foods Kitchen

Roasts, Loaves, Main Dishes

SPRINGTIME CASSEROLE

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|---|--|
| 4 ounces broad noodles | 1 Tablespoon lemon juice |
| 3 Tablespoons butter or margarine | 4 slices pineapple (9 ounce can) |
| 3 Tablespoons flour | 1 cup cooked, cut asparagus plus 4 spears |
| $\frac{3}{4}$ teaspoon salt | 1 cup SOYAMEAT—FRIED CHICKEN STYLE (ground) |
| $\frac{3}{4}$ cup water | |
| $\frac{1}{2}$ cup pineapple juice | |

Cook noodles in boiling salted water until tender. Drain and rinse. While noodles are cooking, melt butter or margarine in saucepan. Stir in flour and salt. Add water and pineapple juice and cook until thickened, stirring constantly. Stir in lemon juice. Cut two pineapple slices into bite-size chunks and fold into sauce with noodles, cut asparagus and SOYAMEAT. Pour into a greased casserole. Garnish with the remaining pineapple slices and 4 spears of asparagus. Bake at 350 degrees for 30 minutes. Serves approximately 4.

LENTIL SOUP

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|--|---|
| $\frac{1}{2}$ pound VEGETARIAN ENTREE —HAM STYLE | $\frac{1}{2}$ cup chopped onion |
| $1\frac{1}{2}$ cups dried lentils | 1 small clove garlic, crushed |
| 3 Tablespoons butter or margarine | $1\frac{3}{4}$ teaspoons salt |
| $\frac{1}{2}$ cup chopped celery | $\frac{1}{4}$ teaspoon dried thyme leaves |
| $\frac{1}{2}$ cup chopped leek | 1 cup sliced VEJA-LINKS |
| | Dairy sour cream |
| | Parsley |

Cut "ham" in *very small* pieces. In large kettle, combine "ham" and lentils with 5 cups cold water; bring to boil. Reduce heat; simmer, covered, $\frac{1}{2}$ hour. Meanwhile, melt butter in medium skillet. Add celery, leek, onion, and garlic; saute 5 minutes. Add sauteed vegetables, salt, and thyme, along with 3 cups water to the "ham" and lentils. Simmer, covered, until lentils are tender, about 30 to 45 minutes. Add diced VEJA-LINKS. Simmer until VEJA-LINKS are warmed through. Serve topped with sour cream and parsley. Serves 8.

STUFFED GREEN PEPPERS

6 medium green peppers
8 CHOPLETS, ground
1 can tomatoes, No. 2½
solid pack
1 small can mushrooms,
save liquid

4 stalks celery, chopped
1 onion, chopped
½ cup Worthington
BREADING MEAL
½ cup yellow corn meal

Wash and core peppers. Par boil in water for 2 minutes, uncovered. Drain and cool. Cook celery until tender and set aside. Grind CHOPLETS. Add celery, chopped onion, mushrooms, and about half of the tomatoes to the CHOPLETS. Mix well, then add the corn meal and BREADING MEAL and mix. Stuff peppers and place in a deep casserole with a cover. Sprinkle grated cheese and small amount of BREADING MEAL on top and add the remaining tomatoes and liquid from the mushrooms. Bake at 375 degrees for 45 minutes. Serves 6.

HARVEST "HAM" BALLS

1 egg, beaten
½ cup soft bread crumbs
½ cup milk
1 Tablespoon brown sugar
½ teaspoon ground cloves

1 pound ground VEGETARIAN
ENTREE—HAM STYLE
8 canned peach halves, drained
Green celery tops or parsley

Combine egg, crumbs, milk, sugar, cloves and "ham". Shape into 8 balls. Place peach halves, hollow sides up, in greased shallow baking dish. Nest a "ham" ball in each peach half. Bake in moderate oven (350 degrees F.) for 25 minutes. Garnish with celery or parsley. Makes 8 servings.

WORTHINGTON HASH

2 cups VEGETARIAN LUNCHEON
SLICES—CORNED BEEF STYLE,
chopped
3 cups cooked potatoes,
chopped or diced
1 large onion, chopped
½ teaspoon salt
½ cup top milk or ½ cup
mushroom soup
1 finely grated raw carrot,
(optional)

Sauté onion in ⅓ cup melted butter or margarine. Add "corned beef," potatoes, salt. Toss together in large skillet until ingredients are coated with butter and browned slightly. Add milk or soup and mix again until blended. (Add carrot if used.) May be served with chili sauce, catsup, or barbecue sauce. Serves 6.

FRONTIER SOYAMEAT STEW

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|--|--|
| 2 cans SOYAMEAT—BEEF STYLE SLICES with Gravy (14 ounce) | 1 can tomatoes (1 pound) |
| 1 can peas and carrots or mixed vegetables, (1 pound) | 2 teaspoons soy sauce |
| | ¾ cup uncooked rice |
| | 1 teaspoon salt |
| | 1 large onion, coarsely chopped |

Put the onion, rice, salt and liquid from peas and carrots, plus water to make 2 cups in saucepan. Bring to a vigorous boil. Cover. Turn heat to simmer and leave for 25 minutes. Add tomatoes, breaking up into small pieces. Add soy sauce and SOYAMEAT (break up slices into bite size pieces). Add carrots and peas. Cover and simmer 10 minutes. Add extra water if a thinner stew is desired. Serves 8.

CRUSTY "CHICKEN" SURPRISE

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| 1 can condensed cheese soup (10½ ounce) | 2 cups SOYAMEAT—FRIED CHICKEN STYLE |
| ½ cup milk | ¼ cup chopped parsley |
| 2 cups cooked rice | ¾ cup corn flake crumbs |
| | 2 Tablespoons butter, melted |

Combine cheese soup and milk. In greased 1½ quart casserole arrange layers of rice, cut-up chicken, parsley, and cheese soup mixture; repeat layering. Combine corn flake crumbs with butter. Sprinkle over chicken mixture. Bake in 425 degree oven for about 15 minutes. Makes approximately 6 servings.

PECAN VEGETABLE LOAF

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|-------------------------------------|--------------------------------|
| 2 Tablespoons margarine | 1½ cups milk |
| 1 cup CHOPLET BURGER | 1 teaspoon salt |
| ¼ cup green pepper, chopped | 2 cups cooked rice |
| 1 onion, chopped | 2 cups chopped pecans |
| ½ cup celery, finely chopped | 2 eggs, beaten |
| 2 Tablespoons flour | 1 cup fine bread crumbs |

Sauté CHOPLET BURGER, green pepper, onion and celery until tender. Blend in flour. Mix all ingredients and place in oiled loaf pan. Bake 1 hour at 350 degrees. Serve with mushroom gravy, Loma Linda GRAVY QUIK or SAVITA gravy. Serves 4-6.

VEJA-LINKS AND SCALLOPED POTATOES

4 cups potatoes, sliced and cooked

½ cup cubed cream cheese

6 VEJA-LINKS, cut in 1-inch pieces

3 cups milk thickened with flour to make thin white sauce

1½ teaspoons salt

Mix cream cheese, potatoes, and VEJA-LINKS. Pour the milk over the potatoes and bake until brown, about ten minutes. Oven temperature: 375 degrees. Serves about 6.

VEJA-LINK TWISTS

6 VEJA-LINKS

1 cup sifted flour

½ teaspoon salt

1½ teaspoons baking powder

3 Tablespoons shortening

⅓ cup milk

Sift together flour, baking powder, salt. Cut shortening finely. Stir in just enough of the milk to make a soft and pliable dough. Turn onto a lightly floured board. Knead lightly. Roll ¼ inch thick. With sharp knife cut into strips 1 by 6 inches. Twist a strip of dough around each VEJA-LINK in a spiral manner. Bake on ungreased baking sheet 12-15 minutes at 450 degrees. Serve topped with parsley or mushroom sauce. Serves 6.



ITALIAN SPAGHETTI SAUCE

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| $\frac{1}{2}$ cup onion, sliced | 1 teaspoon salt |
| 2 Tablespoons oil | 1 teaspoon sage (optional) |
| 1 can PATTIES, crumbled
(20 oz.) | $\frac{1}{2}$ teaspoon monosodium
glutamate |
| 4 cups canned tomatoes | $\frac{1}{4}$ teaspoon oregano |
| 2 cans tomato sauce (8 oz.) | 1 bay leaf |
| 1 cup sliced mushrooms | 1 cup water |
| $\frac{1}{4}$ cup chopped parsley | |

Saute onion and PATTIES in oil for 10 minutes. Combine with other ingredients. Simmer 1 to 2 hours over very low heat and serve with hot spaghetti. Sprinkle parmesan cheese over top. Serves 8.

NOODLE SURPRISE

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| 6 to 8 ounce package noodles | 1 Tablespoon melted butter |
| 3 eggs, lightly beaten | $\frac{1}{4}$ cup pimientos |
| $\frac{3}{4}$ cup milk | $\frac{1}{4}$ cup green pepper, chopped |
| 1 teaspoon salt | $\frac{1}{4}$ cup onion, chopped |

Cook noodles according to directions on package, drain, and add to remaining ingredients. Bake in oiled ring mold at 350 degrees for 45 minutes. Unmold and fill center with the following sauce:

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|------------------------|--------------------------|
| 1 cup CHOPLETS, cut up | 1 can mushrooms, chopped |
| 1 cup onions, chopped | 1 can mushroom soup |
| 1 cup celery, chopped | 1 cup water |

Cook until hot and add salt and soy sauce. Serve over noodle ring. Serves 8.

BEAN AND PROSAGE CASSEROLE

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|--|--------------------------------------|
| $\frac{1}{2}$ pound PROSAGE, sliced,
then quartered | $\frac{1}{2}$ teaspoon basil |
| 1 package lima beans, frozen | $\frac{1}{2}$ teaspoon marjoram |
| 1 can kidney beans (1 pound) | 2 Tablespoons brown sugar |
| 1 can baked beans (14 ounce) | 1 can tomato sauce (8 ounce) |
| 1 teaspoon salt | 1 small onion, chopped
(optional) |

Cook lima beans 10 minutes. Drain. Mix with baked beans and kidney beans. Place PROSAGE slices in skillet in small amount of fat and brown. Add to bean mixture. Combine seasonings, tomato sauce, brown sugar and onion, if used. Add to bean mixture and mix until blended. Pour into large casserole and bake uncovered about 30 minutes. Serves 6.



STROGANOFF

1½ cups chopped onions
1 pound VEGETARIAN ENTREE
—BEEF STYLE
½ cup dairy sour cream or
SOYAMEL Sour Kreem
¼ cup butter or margarine

2 Tablespoons flour
2 6-ounce cans tomato paste
1¼ cup 7-Up or more if desired
1½ teaspoon salt
½ pound (8 ounces) mushrooms

Saute onions in butter for 15 minutes; remove onions to another container and save. In the same skillet, brown "beef" slowly. Sprinkle with flour; stir until blended. Add tomato paste, 7-Up, salt, and soy sauce. Cover and simmer on *very low heat* for 30 minutes. Stir occasionally. Add the cooked onions. Continue to cook for 30 minutes longer. If more liquid is needed, add extra 7-Up. Add mushrooms and sour cream. Cook for 5 minutes. Serve hot over cooked rice. Makes 6 large servings.

SKALLOPS CREOLE

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| 3 Tablespoons cooking oil | 2 bay leaves |
| 1 cup chopped onion | 1½ teaspoons salt |
| 1 cup chopped green pepper | 2 cans SKALLOPS |
| 1 clove garlic, minced | |
| 1 No. 2½ can (3½ cups) whole tomatoes | |

Preheat fry pan to 350 degrees. Add oil. Sauté onions, green pepper, and garlic until tender. Add tomatoes, bay leaves, salt, and cook for 30 minutes at 225 degrees. Place bite-size SKALLOPS in tomato sauce. Cook, covered, at 225 degrees for 30 minutes. Serves 6.

PINEAPPLE HAM STYLE ENTREE

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|------------------------------------|----------------------------------|
| 1 package VEGETARIAN ENTREE | ¼ cup raisins, optional |
| —HAM STYLE SLICES (8 ounce) | ¼ cup margarine or butter |
| 1½ cups pineapple juice | Whole cloves |
| ½ cup brown sugar, packed | 8 slices pineapple |
| 2 Tablespoons corn starch | |

Thaw "ham" before using. Melt margarine in baking dish or pan large enough to place "ham" slices individually if possible. Stick cloves around sides of slices or scatter over top. Place in pan with melted margarine. Mix cornstarch and pineapple juice until uniform, add brown sugar and raisins, mix well and pour over "ham" slices, covering well. Bake in preheated oven (300-325 degrees F.) until sauce thickens (about 20 minutes). Baste several times during baking. About 5 minutes before removing from oven, place pineapple rings on top of "ham" slices, baste with sauce and leave in oven only long enough to heat pineapple. Serve at once. Serves 4-6.



Sandwiches, Soups, Salads

CLUB SANDWICH

VEGETARIAN LUNCHEON SLICES	Tomato slices
—SMOKED BEEF STYLE	Swiss cheese slices
VEGETARIAN LUNCHEON SLICES	American cheese slices
—SMOKED TURKEY STYLE	Mayonnaise
VEGETARIAN LUNCHEON SLICES	Pumpernickle bread or
—CORNER BEEF STYLE	rye bread
Lettuce leaves	

Spread slices of bread with mayonnaise. Arrange LUNCHEON SLICES and other ingredients to suit own taste.

"SMOKED BEEF" BARBECUE

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| 1½ cup onion, chopped
(more if desired) | ¼ cup brown sugar, firmly
packed |
| 2½ Tablespoons margarine
or oil | 1 Tablespoon lemon juice |
| ½ cup catsup | 1½ Tablespoons corn starch |
| ½ cup Good Seasons Open Pit
Barbecue Sauce with Mild
Garlic | 1½ teaspoons salt |
| | ¼ teaspoon ground cloves |
| | 1 package VEGETARIAN ENTREE
—SMOKED BEEF STYLE (8 oz.) |

Sauté onions in margarine in skillet until golden. Mix corn starch and lemon juice, add to skillet along with catsup, brown sugar, and seasonings. Simmer 15 to 20 minutes. Tear up "beef" slightly and add to other ingredients; simmer 10 minutes longer. Serve on toasted buns. Makes about 4-6 sandwiches.

KIDNEY BEAN SALAD

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| 2 cups cooked kidney beans,
drained | 1 small onion, minced |
| ½ cup VEGETARIAN ENTREE—
HAM STYLE, diced or
chopped fine | 2 hard-boiled eggs, diced
or sliced |
| 2 dill pickles, diced | ½ teaspoon salt |
| | ¼ teaspoon sugar |
| | ¼ teaspoon mayonnaise |

Mix all ingredients lightly and chill. Serve on lettuce leaf. Serves 6.

HEARTY "CORNEBEEF" SALAD

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|---|---|
| 1 cup mayonnaise or
salad dressing | 2 cups cooked peas (fresh or
1 package frozen) |
| 2 Tablespoons prepared
horseradish (optional) | 3 cups diced cooked potatoes |
| 2 Tablespoons sweet pickle
juice | 2 Tablespoons chopped
sweet pickles |
| 1½ packages VEGETARIAN
LUNCHEON SLICES—CORNEBEEF
STYLE | Lettuce cups for 6 |

Combine mayonnaise, horseradish and pickle juice in a bowl. Dice "corned beef." Mix with peas, potatoes, and pickles. Add mayonnaise mixture. Toss to coat. Cover and chill in refrigerator. Fill lettuce cups. Makes 6 servings.

"HAM" SALAD SANDWICHES

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|--|--|
| 3 cups VEGETARIAN ENTREE—
HAM STYLE, coarsely ground
or chopped | $\frac{2}{3}$ cup mayonnaise |
| 2 or 3 eggs, hard boiled,
diced finely | $\frac{1}{3}$ cup sweet pickle,
finely chopped |
| $\frac{2}{3}$ cup celery, finely chopped | $\frac{1}{4}$ cup onion, finely chopped |
| | Salt to taste |

Combine ingredients and mix until uniform. Spread on buttered sandwich bread with lettuce if desired. Cut in half and serve with hot soup or potato chips. Serves approximately 4 to 6.

VEJA-LINK SANDWICH SPREAD

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|---|---------------------------------|
| 4 VEJA-LINKS | 2 Tablespoons mayonnaise |
| 2 hard boiled eggs | 1 stalk celery, chopped |
| $\frac{1}{2}$ teaspoon onion, chopped | Salt to taste |
| 8 stuffed olives, chopped | |

Split VEJA-LINKS lengthwise and sauté in a little oil. Mash with a fork or put through a food chopper. Mash the eggs and add to the VEJA-LINKS. Add the other ingredients and mix well. Makes 4 sandwiches.



SMOKED TURKEY STYLE SALAD

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|---|--|
| 3 cups LUNCHEON SLICES—
SMOKED TURKEY STYLE,
coarsely ground | $\frac{2}{3}$ cup mayonnaise |
| 2 to 3 eggs, hard boiled,
diced finely | $\frac{1}{3}$ cup sweet pickle,
finely chopped |
| $\frac{2}{3}$ cup celery, finely chopped | $\frac{1}{4}$ cup onion, finely chopped |
| | Salt to taste |

Combine ingredients and mix until uniform. Serve in crisp lettuce cups or tomato cups. This may also be used as a sandwich filling. Serves approximately 4 to 6.

PROSAGE ITALIENNE

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|---|-------------------------------------|
| $\frac{1}{2}$ pound PROSAGE, sliced thin | 1 can tomato sauce (8 ounce) |
| 6 sesame seed buns | 6 slices Mozzarella cheese |
| 1 package Lawry's Italian
Spaghetti Sauce with
Mushrooms | |

Brown PROSAGE slices in corn oil and place equal amounts on bottom halves of buns. Mix Lawry's Spaghetti Sauce and tomato sauce together and heat. Spoon some of the sauce over PROSAGE. Place top halves on and spoon remaining sauce on top of buns. Place a slice of cheese on top of this and heat under broiler until cheese melts. Serve at once. Makes 6 sandwiches.

SUBMARINE COLOSSAL

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|--|--|
| 1 loaf French bread | 4 ounces VEGETARIAN LUNCH-
EON SLICES—CORNED BEEF
STYLE |
| 4 ounces VEGETARIAN LUNCH-
EON SLICES—SMOKED BEEF
STYLE | 6-8 crisp lettuce leaves |
| 4 ounces VEGETARIAN LUNCH-
EON SLICES—SMOKED TURKEY
STYLE | 5 slices American cheese |
| | 5 slices Swiss cheese |
| | 1 large onion, sliced thin |
| | 2-4 tomatoes, sliced |
| | mayonnaise |

Slice French bread as you would a frankfurter bun. Spread top and bottom with mayonnaise. Starting with the bottom, place a layer of lettuce leaves; follow this with a layer of "smoked beef," a layer of Swiss cheese, and a layer of onion. Next, a layer of "turkey" topped

with a layer of tomato and onion. More lettuce, then a layer of American cheese. The final layer is "corned beef" covered with lettuce leaves. Replace top on sandwich and serve. One Submarine sandwich will probably serve 3 to 4, depending on the size of the bread. Excellent for picnics.

Desserts and Miscellaneous

SOYAMEL SOUR KREAM

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| 1 cup water | $\frac{3}{4}$ cup corn oil |
| $\frac{1}{2}$ cup SOYAMEL (Powder) | $\frac{1}{4}$ cup lemon juice |

Blend the water and SOYAMEL in blender or liquifier. Add the oil slowly and then the lemon juice. Add the other ingredients. Chill. Will keep refrigerated for 7 to 10 days.

CORN STICKS (OR MUFFINS)

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|---|---|
| 1 cup sifted all-purpose flour | 2 eggs |
| $\frac{1}{4}$ cup sugar | 1 cup Regular SOYAMEL, |
| 4 teaspoons baking powder | liquid |
| $\frac{3}{4}$ teaspoon salt | $\frac{1}{4}$ cup soft shortening |
| 1 cup yellow corn meal | |

Sift flour with sugar, baking powder, and salt. Stir in corn meal. Add eggs, milk, and shortening. Beat with rotary or electric beater till just smooth, about 1 minute. (Do not over beat.) Spoon batter into greased corn-stick pans, filling $\frac{2}{3}$ full. Bake at 425°F. for 12 to 15 minutes.

RICE PUDDING

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|---|---------------------------------------|
| $\frac{1}{2}$ cup long-grain rice | 1 Tablespoon butter or |
| 1 quart Regular SOYAMEL, | margarine |
| liquid | 2 egg whites, beaten stiff |
| 2 egg yolks | 1 teaspoon vanilla |
| $\frac{2}{3}$ cup sugar | 1 cup raisins, golden seedless |

Cook rice and SOYAMEL in double boiler for one hour, stirring occasionally. Beat together the egg yolks, sugar, and butter and add to rice and cook for 3 minutes, stirring gently. Turn off fire. Fold the rice mixture into the beaten egg whites and vanilla. Pour into buttered casserole. Sprinkle top lightly with cinnamon. Bake at 325 degrees for about 10 minutes. Serves 10.

APRICOT FREEZE

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| 1 can sweetened apricots with
syrup (peeled) (No. 2½) | ¼ cup vegetable oil |
| 1 cup Regular SOYAMEL,
powder (or 1¼ cups Instant) | 3 Tablespoons lemon juice |
| | ¼ teaspoon salt |

Liquify or sieve apricots. Blend in SOYAMEL. Slowly beat in oil. Add lemon juice and salt. Freeze in hand freezer or in refrigerator trays. If frozen in refrigerator trays beat several times after mix begins to freeze around edges of tray. Makes approximately 1 quart.

BLUEBERRY COFFEE CAKE

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|------------------------------------|--|
| ½ cup graham cracker crumbs | ¼ cup butter, softened |
| ½ cup margarine | ½ cup Regular SOYAMEL,
liquid |
| 2 Tablespoons sugar | 1 egg, unbeaten |
| ½ teaspoon cinnamon | 1 teaspoon vanilla |
| 2 cups flour | 1½ cups canned blueberries,
rinsed and drained well |
| 3 teaspoons baking powder | |
| 1 teaspoon salt | |
| ¼ cup sugar | |

Mix first four ingredients with a fork or pastry blender. Set aside. Sift flour, baking powder, salt and sugar together in a bowl, make a well in center, add butter, milk, egg and vanilla. Mix lightly with a fork until just blended. Pour into a lightly greased and floured 9 x 9 x 1-½ inch pan. Cover with blueberries, leaving 1 inch at the edge of dough. Cover with crumbs. Bake in 375°F. over for 45 minutes. Serves 6 to 8.

CRISPY ONION SQUARES

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|---|--|
| 1½ cups chopped onion | ¼ teaspoon salt |
| 2 Tablespoons melted butter
or margarine | 1 cup Regular SOYAMEL,
liquid |
| 1 egg, slightly beaten | 3 cups packaged biscuit mix |
| ¼ cup dairy sour cream or
SOYAMEL SOUR KREAM | 1 cup crushed potato chips |

Heat oven to 450°F. Grease 12 x 8 x 2-inch or 9 x 9 x 2-inch pan lightly. Sauté onion in butter or margarine 5 minutes or until golden, remove from heat. Combine egg and sour cream in small bowl. Mix well. Stir in sautéed onion, and salt. Add SOYAMEL to biscuit mix in large bowl, stirring with fork until dough forms. Pat dough lightly into prepared pan. Spread onion and sour-cream mixture over top; sprinkle with potato chips. Bake 20 minutes. Cut in squares. Serve hot.

CREAM CHEESE HORS D'OEUVRES

- 1 package cream cheese,
(8 ounce) softened
- 1 package VEGETARIAN
LUNCHEON SLICES—SMOKED
BEEF STYLE (8 ounce)

- 1 cup pecans, chopped fine
(optional)

Put cheese in mixer bowl along with "beef." Mix until well blended at medium speed, then turn mixer to higher speed and let whip a few minutes. Nuts may be added last and run mixer only enough to distribute evenly. Chill. Spread on crackers and garnish with pimientos, olives, etc. To make as balls, omit nuts and chill until very firm. Shape into bite-size balls, roll in chopped nuts and chill again. Insert toothpicks and serve.

SOUR KREEM CAKE

- 1 cup butter
- 3 cups sugar
- 6 eggs, separated
- 3 cups cake flour, measured
before sifting

- 1 cup SOYAMEL Sour Kreem
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{4}$ teaspoon salt
- 2 teaspoons vanilla

Cream butter and sugar together. Add egg yolks, one at a time. Add soda to Sour Kreem. Sift flour. Add to other ingredients. Beat egg whites and add to other mixture by carefully folding. Bake in 275-degree oven for approximately 2 hours or more.

SOYAMEL ICE KREEM

- $1\frac{1}{2}$ cups water
- 1 cup Regular SOYAMEL,
powder
- $\frac{1}{2}$ cup sugar or $\frac{1}{3}$ cup honey

- $\frac{1}{2}$ cup corn oil
- 1 teaspoon vanilla
- Water to make 1 quart of liquid

Blend SOYAMEL and water in blender or liquifier. Add other ingredients. Freeze in agitator type freezer so cream is stirred or whipped while freezing. Freeze as hard as possible. This prevents iciness as it sets up. For Carrot Soyamel Ice Kreem add $1\frac{1}{2}$ to 2 ounces concentrated carrot juice. For Fruit Ice Kreem use only one cup water to blend SOYAMEL Powder. Add oil and sugar. Then enough sweetened juice or pulp to make one quart and blend well. One cup of sweetened fruit without the juice may be added just before freezing.

DATE PIE

¼ cup water
2 Tablespoons flour
1 Tablespoon butter
½ cup sugar
1 egg, beaten

1½ cups Regular SOYAMEL,
liquid
½ cup pitted dates, chopped
whipped cream

Cream flour and butter together in top of double boiler. Add sugar, egg, and Soyamel and cook until thick, stirring constantly. Stir in dates and pour into baked 8-inch pie shell. When ready to serve, top with whipped cream.

LEMON CRUNCH COFFEE CAKE

1 ⅔ cups sifted all-purpose
flour
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon ground mace
¼ cup soft shortening
⅓ cup sugar
1 egg

½ cup Regular SOYAMEL,
liquid
¼ cup brown sugar,
firmly packed
¼ cup flour
2 Tablespoons butter or
margarine
½ teaspoon lemon rind
1 teaspoon lemon juice

Heat oven to 350°F. Grease 9 x 9 x 2 inch pan. Sift 1⅔ cups flour, baking powder, salt, and mace together. Beat shortening, sugar, and egg 3 minutes at medium speed on mixer or vigorously by hand. Add sifted dry ingredients alternately with SOYAMEL beginning and ending with flour mixture. Spread in prepared pan. Combine brown sugar, ¼ cup flour, butter or margarine, and lemon rind and juice. Sprinkle evenly over batter. Bake 40 to 45 minutes or until cake tester inserted in center comes out clean. Cut into squares and serve warm.

BANANA SOYAMEL DESSERT

1 cup BANANA SOYAMEL
(powder)
1 cup water
½ cup oil, to thicken

1 13½-oz. can crushed
pineapple
½ cup shredded coconut
½ cup chopped nuts

1 cup BANANA SOYAMEL and water. Add oil *very slowly* until mixture forms a thick paste. Fold in the pineapple, coconut and nuts. Chill and serve in sherbet dishes garnished with a cherry or nuts. Makes 8 three-ounce servings.



